

Trying to learn something? WRAP it up!

Write it down

- Writing something down can help fix it in your memory.
- You can always look back if you forget!

Repeat it

- Repeatedly remembering something helps it stick.
- Try spacing it out over the day.

Associate it

- Link the new thing to something you already know.
- Try to make it funny, strange, or outrageous.

Picture it

- Create a mental image, like a cartoon or a movie.
- Try to make it funny, strange, or outrageous.